



# SUMMER SESSION II-2019

We offer lessons year round!

## SKATE SCHOOL CLASSES

Classes offered: Snowplow 1-4, Basic 1-6, Hockey 1-4, Adult 1-4 - Class descriptions on website [www.mfscskate.org](http://www.mfscskate.org)

DAY	TIME	LOCATION	DATES	COST
MONDAY	6:20-7:20 p.m.	VADNAIS SPORTS CENTER	July 22, 29 August 5, 12, 19, 26	6 weeks - \$84

## FIGURE SKATING SPECIALITY CLASSES

Classes offered: Freeski, Ice Dance and Jr Club (Private Lessons)-- Class descriptions on website [www.mfscskate.org](http://www.mfscskate.org)

DAY	TIME	LOCATION	DATES	COST
MONDAY DANCE CLASS	7:20-8:05 p.m.	VADNAIS SPORTS CENTER	July 22, 29 August 5, 12, 19, 26	6 weeks - \$72
MONDAY JR CLUB	8:05-9:05 p.m.	VADNAIS SPORTS CENTER	July 22, 29 August 5, 12, 19, 26	6 weeks - \$96 (ice time only)
MONDAY FS CLASS	8:05-9:05 p.m.	VADNAIS SPORTS CENTER	July 22, 29 August 5, 12, 19, 26	6 weeks - \$120 (ice time & group lesson)

### TO REGISTER:

- 1) Register online at [www.mfscskate.org](http://www.mfscskate.org) - click on **Class Registration** and find the appropriate class under the Skate School section.
- 2) Click **Register Now** and continue the process.
- 3) Choose payment option either Credit Card or Check. Checks can be mailed to:  
NSSS - 8036 Hudson Blvd N Oakdale, MN 55128

### REQUIRED ANNUAL MEMBERSHIP REGISTRATION: \*One time membership fee of \$16 June 2019-May 2020

- 1) On our website go to the **Membership Registration** tab at the top.
- 2) Follow the registration process by adding your athlete(s) and choosing the **Skate School Membership** level.  
\*please note the volunteer hours and fundraiser waivers do not apply for the skate school level.
- 3) Choose payment option either Credit Card or Check. Checks can be mailed to:  
NSSS - 8036 Hudson Blvd N Oakdale, MN 55128

QUESTIONS: Skate School Director Nikki at 651-398-7183 - [adamnikki@comcast.net](mailto:adamnikki@comcast.net) - email or text preferred

**\*RENTAL SKATES:** Now available at Vadnais Sports Center for NSSS lessons! They are first come first serve and payment for rentals is \$5 a time. Skates can be rented from Arena staff at the main Welcome Desk in lobby. Limited sizes available.

We are still working to fix our website issues, so if you are having difficulties reaching our new site try this link:

<https://www.gomotionapp.com/team/mnmfs/page/home>

# North Stars

## SKATE SCHOOL

Learn the basics of skating - program designed for hockey skills and figure skating skills

The classes are progressive levels of basic skills that teach forward and backward skating, stops, forwards and backward crossovers, with emphasis on control and proper use of edges. This enables skaters to advance to higher levels of figure skating or to play hockey.

This program was created by the United States Figure Skating Association and USA Hockey-it is the most popular learn to skate program in the nation. Our instructors have many years of experience and their positive attitudes make our program rewarding and fun!! Each skater will receive the following:

- 30 minute lesson
- 30 minutes of practice time, in our supervised practice area
- Certified instructors, student instructors and helpers
- Official Record Book, membership card and patch, year patch
- A colorful embroidered patch when each level is completed

### WHO CAN TAKE LESSONS?

Children can start classes as young as 3 years old - we have a place for all levels - even Adults!

### WHAT DO SKATERS NEED?

- We recommend all young snowplow beginners wear helmets. Bicycle helmets or lightweight hockey helmets are acceptable. NSSS does not have helmets available.
- Figure skates or Hockey skates - no double blade skates. Please make sure your skates fit properly and the blades are sharp.
- **RENTAL SKATES:** Now available at Vadnais Sports Center for NSSS lessons! They are first come first serve and payment for rentals is \$5 a time. Skates can be rented from Arena staff at the main Welcome Desk in lobby. Limited availability and sizes.
- Skaters should wear warm, comfortable clothing. We suggest they dress in layers so jackets or sweaters may be removed as the skaters warm up. Mittens or gloves are a must. No tight jeans, as they restrict movement. Many young skaters wear snow pants.

### WHAT CLASS DO I SIGN UP FOR?

All new skaters to the program will be evaluated on the first day based on skating ability given on registration form and age. More details regarding class descriptions are available on our website [www.mfscskate.org](http://www.mfscskate.org) Parents are not allowed on the ice during class time or practice time

**We offer classes year round! Check website for registration forms and class schedules.**

**Contact Director Nikki with questions- 651-398-7183 or [adamnikki@comcast.net](mailto:adamnikki@comcast.net)**